



EXERCISE PLANNER

WEBMD INDIVIDUAL ACTION PLAN HELP GUIDE

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- Exercise Readings
- Exercise Planner**
- Meal Planner
- Stress Planner
- Walking Planner
- Journal Archive

Exercise Planner

Your Exercise Planner provides a list of today's recommended exercises to help you meet your goals. If the Planner displays no exercises for today, you can add exercises to your Planner or use this day to rest.

Daily Exercise Planner
Weekly Caloric Burn

January 13, 2010

Strength		add exercise	Sets	Reps
<input type="checkbox"/>	Bent-over Row with Dumbbells	? replace delete	1	12-15
<input type="checkbox"/>	Chest Press with Cable	? replace delete	1	12-15
<input type="checkbox"/>	Hip Extension Standing with Cable	? replace delete	1	12-15
<input type="checkbox"/>	Leg Extension with Cable	? replace delete	1	12-15

Flexibility		add exercise	Sets	Seconds
<input type="checkbox"/>	Behind-head Chest Stretch	? replace delete	2	30
<input type="checkbox"/>	Seated Glute Stretch	? replace delete	2	30
<input type="checkbox"/>	Standing Quad Stretch	? replace delete	2	30
<input type="checkbox"/>	Wall Lat Stretch	? replace delete	2	30

Cardio & Other Activities		add exercise	Minutes	Calories
<input type="checkbox"/>	Jog/walk combination (jogging component of < 10 min)	replace delete	30	270

1.
Today's caloric burn (cardio only): 0

Your Exercise Planner set up screen

- After choosing the Exercise individual action plan, you answered a series of questions about your fitness level, exercise interests, and access to equipment.

Based on your response to those questions, your Exercise Planner entry screen includes recommended strength, flexibility and cardio exercises.

The next pages will show you how to modify, add and delete exercises from your Planner.

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[Daily Exercise Planner](#)
[Weekly Caloric Burn](#)

January 14, 2010
 ◀ ▶ 📅

<input type="checkbox"/> Strength	add exercise	Sets	Reps
<input type="checkbox"/> Flexibility	add exercise	Sets	Seconds
<input type="checkbox"/> Cardio & Other Activities	add exercise	Minutes	Calories
Today's caloric burn (cardio only):			0

2.

1.

Adding exercises in your Exercise Planner

1. If you have not set up exercises for a given day, your daily Exercise Planner will be blank.
2. Add an exercise by selecting the “add exercise” link. You will be able to add a custom exercise or choose from a pull down menu (see next page).

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☒ Daily Exercise Planner
 ☐ Weekly Caloric Burn

January 14, 2010

<input type="checkbox"/> Strength	add exercise	Sets	Reps
<input type="checkbox"/> Flexibility	add exercise	Sets	Seconds
<input type="checkbox"/> Cardio & Other Activities	add exercise	Minutes	Calories

☐

Bicycling - Bicycling, 12-13.9 mph, leisure, moderate effort

30360

Today's caloric burn (cardio only): 0

Adding an exercise from the pull down menu

- To add an exercise, select from the drop-down box.

When saving your chosen exercise, you might get a pop-up giving you 2 options:

- Add this exercise **to today only**
- Add this exercise **to all days**

Click **save**.

If you don't see the exercise you want, select "Add a new custom exercise" and see the next page.

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☒ Daily Exercise Planner
 ☐ Weekly Caloric Burn

January 14, 2010

<input type="checkbox"/> Strength	add exercise	Sets	Reps
<input type="checkbox"/> Flexibility	add exercise	Sets	Seconds
<input type="checkbox"/> Cardio & Other Activities	add exercise	Minutes	Calories

☐ - Add a new custom exercise -

Minutes Calories

Today's caloric burn (cardio only): 0

1.

Adding a custom exercise to your list

1. To add a custom exercise, choose "Add a new custom exercise" from the drop-down list and enter:
 - a) the exercise "name",
 - b) "minutes spent exercising" and
 - c) "calories burned" doing the exercise.

If you don't know how many calories you are burning, estimate this number or check online for a good reference.

In the pop-up, choose "add this exercise" to today only or to all days, and click save.

Custom exercises saved will now appear in drop-down menu for future use.

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3.

January 14, 2010

Strength	add exercise	Sets	Reps
Flexibility	add exercise	Sets	Seconds
Cardio & Other Activities	add exercise	Minutes	Calories
1. <input checked="" type="checkbox"/> Bicycling, 12-13.9 mph, leisure, moderate effort		30	360
Today's caloric burn (cardio only):			360

2.

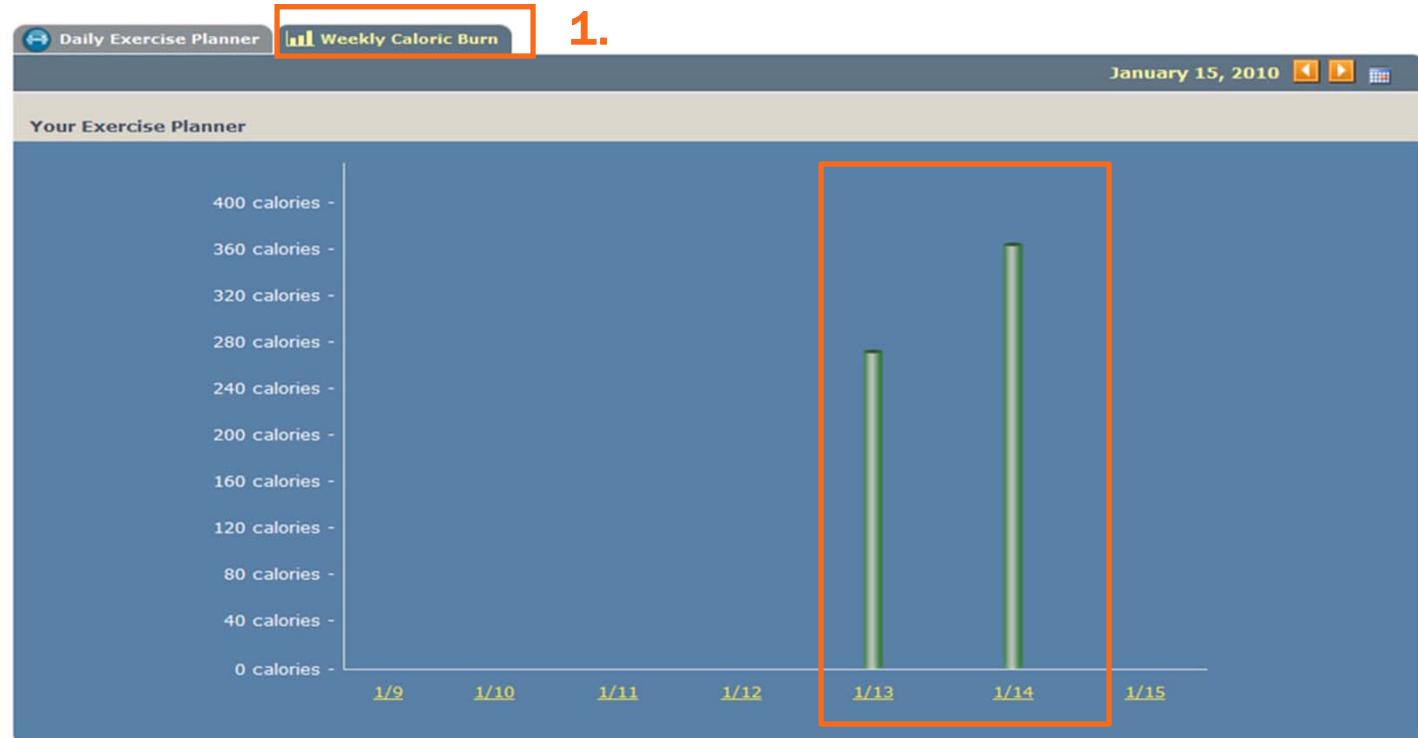
Recording an exercise in your Planner

1. Click the box next to the exercise you've completed in your plan for the day. This entry records your planner use. You've now earned one activity credit.
2. The planner calculates "Today's caloric burn (cardio only)" in the lower right box.
3. Use the left and right arrows to move forward and backward through the calendar.

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Tracking your cardio activity in your Planner

1. Select the "Weekly Caloric Burn" tab at the top of the exercise planner, to see your cardio activity day to day progress.

Please note that if you only enter Strength or Flexibility activities, your activities will not show up on the "Weekly Caloric Burn" tab. However, you still get credit towards your activity points. See the next page to check your status/progress.



Lifestyle Improvement Program Exercise Planner

Learn more about making better choices for a healthier future. The readings and planners provide practical information and useful tips and tools for improving your health and well-being.

Secure Messages (0 new)

Rewards [check status](#)

1.

Healthy Incentives Road to Gold

[Change my Individual Action Plan](#)

3.

Actions Available

After you complete one of the actions below, you may find that action at the bottom of the list when you return to this page. That's because this page is designed to rotate the activities so you can review other options that might interest you. Of course, you will still be able to continue with the option you've already selected.

Complete a phase of readings in the Exercise Lifestyle Improvement Program [Tell me more](#)

CLICK HERE TO START

Complete a phase of readings in the Nutrition Lifestyle Improvement Program [Tell me more](#)

CLICK HERE TO START

History

The following list is a record of the actions you have completed, the weekly goals you have met, and the individual benefit status you have achieved. Complete 3 actions per week to earn gold.

Individual Benefit Status

1/3/2011 Bronze. Conf#: DB1A8485-1130407335

1/4/2011 Silver. Conf#: 2D94EC1B-1130413177

Actions completed

2/10/2011 Update the Exercise Planner

2/10/2011 Update the Exercise Planner

2/10/2011 Update the Exercise Planner

2.

You can always check your progress and/or change your action plan

1. Click the **check status** link at the top of the page to get to the **Road to Gold** page.
2. Scroll down and you can see your history: What actions have been completed (and when) and what your Individual Benefit status for 2012 currently is.
3. You can also pick another action by clicking on one of the orange **Click Here to Start** buttons. You can try reading, updating your personal health record, make an entry on a tracker, read a Healthy Incentives Rewards article, or try a different planner. *Note: after you complete one of the actions listed, you may find that action at the bottom of the list when you return to the page. That's because the page is designed to rotate the activities so you can review other options that might interest you.*